Early to Rise Customer Support

 $\underline{Knowledgebase} > \underline{Exercise\ FAQs\ and\ Substitutions} > \underline{Are\ your\ workouts\ kid\ friendly?}$

Are your workouts kid friendly?

Stephanie H - 2020-02-20 - Exercise FAQs and Substitutions

No, sorry. The workouts are NOT designed for kids under the age of 18. Adults only.